



Volume 26, Number 4
Winter 2010

Town & Country *Times*



2010 Memories



60th Anniversary

1950

2010



The mission of the City of Town & Country is to maintain a hospitable environment for our residents and other stakeholders and to foster a "sense of community" among ourselves through the following values:

Integrity, Respect, Fiscal Responsibility, Safety and Security, Quality of Life, Community, and Excellence!

THROUGH CAREFUL PLANNING AND RESPONSIBLE BUDGETING, TOWN & COUNTRY REMAINS FISCALLY SOUND DURING TOUGH ECONOMIC CONDITIONS



Once again, I am proud to report that following months of extensive analysis and forecasting, we have presented a budget to the Board of Aldermen that positions Town & Country to deliver all necessary core city services at the same high level residents have come to enjoy and expect. Despite preparing for the need to significantly draw on our established reserves in 2010, we will close out

this fiscal year with only a very modest shortfall. This is a remarkable accomplishment and clear evidence that our staff at City Hall works diligently to protect Town & Country's long-term interests and well-being.

Over the last several years, I have used this year-end edition of the *Times* to communicate information regarding our City Budget. While some have encouraged me to simply extend warm holiday wishes, I instead continue to feel a responsibility to talk about the tough decisions that accompany my responsibilities as your Mayor (rather than publish the fun stuff).

As I have commented previously, there are those who look backward and "second-guess" the past, while others look forward and express doubt about the future. I, on the other hand, believe both of these approaches are unproductive. Rather, I believe the City operates at its best when well-intentioned local leaders collaborate with our professional staff and other advisors to make the best possible decisions for the benefit of the greater good after first considering all relevant facts and circumstances. This approach enables us, as a community, to look forward knowing that we have prepared well in order to ensure a bright future for Town & Country.

Despite substantial reserve funds (in excess of \$13 million), our City must proceed cautiously in this uncertain economic climate by constantly testing and retesting our financial assumptions, projections and priorities. These goals and obligations are communicated each year in our City's annual budget, which identifies our needs, quantifies what we can afford, and puts into place a financial roadmap that will keep us on course.

1. The Budget Preparation Process.

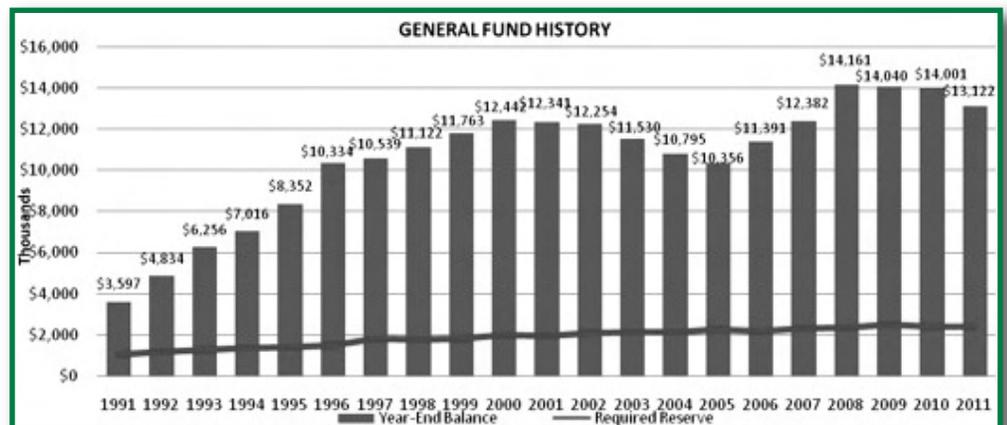
In the face of continued negative revenue projections across the board, our staff critically evaluated all operations with the strict principle that no impact on the quality of service (most notably public safety) would be tolerated to any degree. Over the course of several months,

our estimates were updated and modified as the latest data became available.

Following review and approval by our dedicated and talented Town Finance Commission, the Board of Aldermen considered the entire budget at two separate work sessions. The proposed ordinance that enacts the budget, co-sponsored by the Board of Aldermen as a whole, was introduced and submitted at a public hearing during which interested individuals had the opportunity to address the Board and provide detailed comments on the record. Thereafter, and at a separate meeting of the Board of Aldermen, the budget may still be amended before final passage by the Board, and at the time of this writing, that is where we are in the process.

2. General Fund Reserves Remain at Historic Levels.

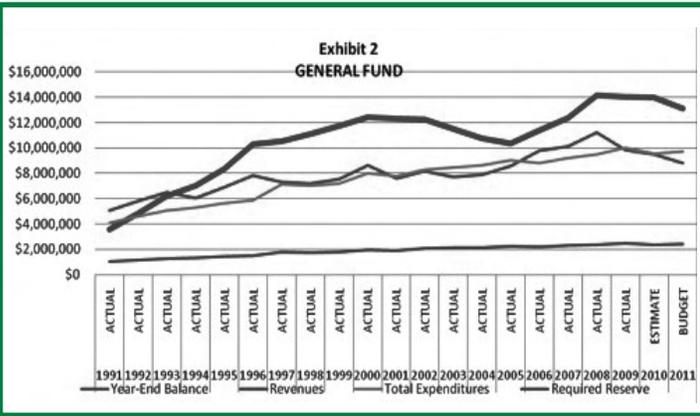
Since the so-called "General Fund" is the chief operating account of the City, we place an inordinate amount of attention to and analysis of this Fund to ensure that our City's revenues meet or exceed projected expenses plus required reserves. This basic rule of responsible budgeting and prudent decision-making rests at the forefront of everything we do in Town & Country (from multi-million dollar fire service contract negotiations and infrastructure repairs to modest neighborhood improvements). In the 2011 budget, General Fund expenditures are projected to exceed revenues by approximately \$879 thousand, resulting in an ending reserve balance of \$13.1 million. Significantly, this projected ending fund balance is more than five times the fund's required reserve level of \$2.4 million, as shown on the graph in Exhibit 1.



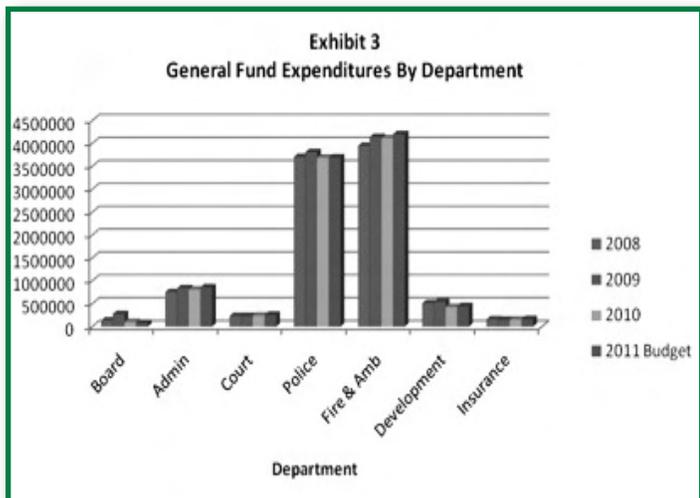
As suggested above, the 2011 budget was prepared with several goals and objectives constantly in mind, which included providing an adequate, balanced level of services and

programs, utilizing existing revenue streams to fund such obligations and commitments (also called “living within one’s means”), and preserving General Fund reserves consistent with established policies. We believe the proposed 2011 budget accomplishes these goals and positions the City well, now and for the future.

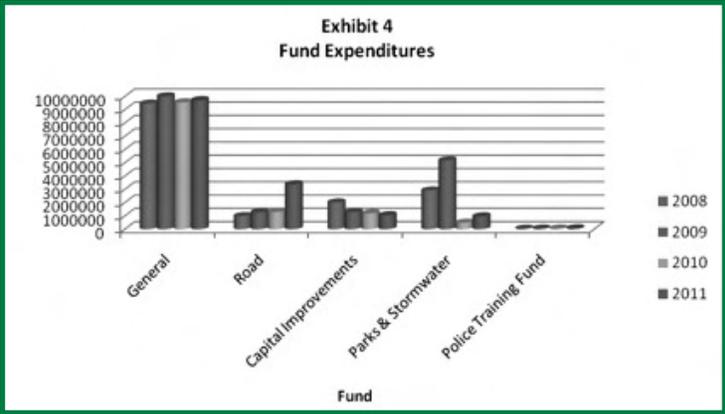
Although General Fund revenues have declined recently and are expected to retract during 2011, we have been able to minimize increases in operating expenses and reductions in year-end reserves, as shown in Exhibit 2. As is well-reported in the continuing federal level debate regarding “earmarks,” public officials are generally recognized as being skillful when it comes to giving away, and not so good at taking away. Without a doubt, it’s just no fun to deliver tough news. Nonetheless, cost-cutting whenever possible and appropriate is the right and responsible thing to do, and by doing so, we have reduced a projected seven figure deficit to the amount budgeted by adopting this less favored approach.



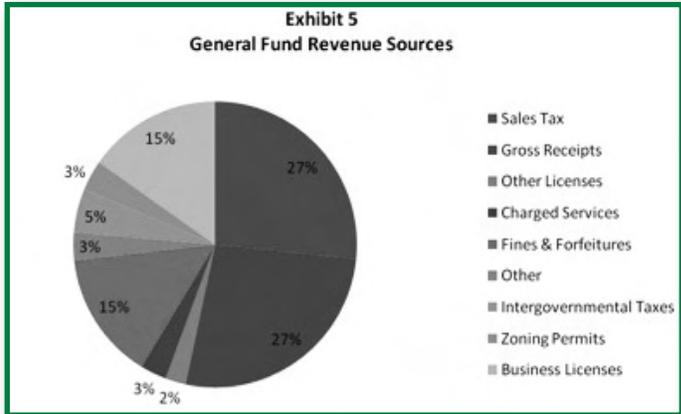
In fact, by being tightfisted at home and questioning all operations from top to bottom, our General Fund expenditures are anticipated to rise by only 1.7% in 2011 from 2010, as shown in Exhibit 3.



Significant expenditures from other City fund accounts include infrastructure improvements and pedestrian enhancements to Clayton Road (which is almost entirely covered by a federal grant of approximately \$4 million), and some desperately needed storm water improvements that have been programmed and prioritized under the guidance of Public Works and Storm Water Commission. These changes in expenditures are shown in Exhibit 4.



Since Town & Country maintains a \$0 property tax (a very significant fact that is sometimes overlooked given the substantial taxes we all pay to St. Louis County), sales tax revenue and gross receipts taxes are the largest revenue sources for the General Fund, as shown in Exhibit 5.



Unfortunately, overshadowing our budget analysis and planning was the fact that we estimate General Fund revenues to decline by \$679 thousand in 2011, mainly due to a one-time payment received in 2010 and anticipated reductions in building permits. Accordingly, the 2011 budget necessarily focuses on providing core services and meeting the essential financial obligations of the City.

3. Responsible Decisions to Protect our Future.

In light of the ongoing national and local economic challenges facing us all, Town & Country continues to look for ways to further reduce costs without jeopardizing vital community services necessary to maintaining our high quality

of life standards. Reexamining our efforts from fiscal year 2010, we decided to continue our moratorium on providing non-essential programs such as branch chipping, beautification grants, and financial support for the Town & Country Symphony (although we now provide office space for that talented organization at Longview). We are also substantially limiting fundings for our Fire & Ice 4th of July Celebration (basically only covering the cost of pyrotechnics) while hosting this popular community event with generous donations of support from local interests, making our 2011 program better than ever. Deer management will receive limited City funding in an amount necessary to assist us in moving forward with the establishment of a long-term and meaningful deer management plan best suited for our community as a whole. (See deer herd management article later in this newsletter)

Given that 46% of our General Fund annual budget is comprised of personnel costs (80% if you extract fire and ambulance services, which are provided under a long-term contract), the review and analysis of our organizational structure and staffing remains an ongoing effort to ensure performance levels are continuously improved, while being fiscally responsible stewards of modest resources. With the dual objectives of maintaining excellence in service and prudent budgeting, Department heads are charged to regularly evaluate their respective operations for potential improvements and efficiencies.

In this regard, over the course of 2010, Chief Copeland and his staff examined the feasibility of combining dispatching services with several neighboring communities. The end result was the formation of the West Central Dispatch Center (WCDC) that combines Creve Coeur, Frontenac and Town & Country communication centers into one quasi-governmental agency owned by all three municipalities. The new organization's primary objective is to enhance public safety dispatching services for the benefit of the citizens of all three communities and our respective officers, firefighters and paramedics. Significantly, a notable byproduct of this partnership is the collective financial savings of \$220,000 to \$240,000 annually; hence, enhanced service will be delivered to the community as the taxpayers save money. Without questions this is truly a prime example of good financial stewardship while actually enhancing the public safety in all three communities.

Since I view local government as a "service organization" and not a "jobs program," we naturally looked at our entire staffing situation in light of certain economies of scale generated by the WCDC combined operations. To that end, because of the new WCDC, the police department was able to eliminate an administrative sergeant's position that was

responsible for supervising the Town and Country Communications Center. Further analysis of current trends in our City indicated the ability of our community outreach function to be handled by a newly formed support unit within the police department, rather than the one officer previously assigned these duties. This reorganization enabled the important programs of Community Emergency Response Team (CERT) training, the citizen's police academy and local school outreach to continue unaffected, while maintaining the number of officers assigned to patrol duties and delivering our high standard of protection to the community. In fact, as we prepare to implement the changes brought about by our continuous focus on process improvement, Town & Country's goal of remaining a vibrant community with a quality of life that is unsurpassed is being safeguarded by a 27% decline in reportable criminal offenses in the first ten months of 2010 compared with the same period last year. Clearly, our team is doing something right, and I greatly appreciate this dedicated service!

While these staff adjustments/efficiencies reflect good planning and analysis, it is equally important to note that included in the 2011 budget are funds to provide limited compensation adjustments in the form of (1) a small cost of living adjustment for all employees, (2) needed market adjustments to ensure our staff is fairly compensated in comparison to peer cities and (3) merit raises for those employees who demonstrate exemplary service in discharging their duties. The truth of the matter is that a number of key personnel have stepped up to the plate taking on more and more responsibilities to ensure the overall job gets done and done right.

Finally, another critical aspect of managing costs in the delivery of City services involves the expense of employee benefit programs. In that regard, in spite of the seemingly skyrocketing costs of healthcare insurance, we were able to negotiate down our increase to less than 3% without any significant change in benefits. Another challenge, but successfully overcome.



4. Town & Country Still Moving Forward.

While certain media attention and local commentary tends to dwell on negative stories, such as the loss of Walmart, the fact of the matter is Town & Country remains a very attractive place to do business and call home. As a result, we continue to witness exciting retail and service opportunities expand for our residents. To that end, the City works aggressively on behalf of local merchants and others interested in our community.



Examples of success in this regard include the recent opening of Eugene's Custard Shop, Bistro 1130 and Three Dog Bakery. These and other developments in Town & Country Crossing have done much to counter the losses incurred in Manchester Meadows. Nonetheless, according to industry experts, that remains a very solid retail location, and we are advised that with improvements in the economy, Manchester Meadows will be a vibrant and productive center again soon.



for 2010 (previously estimated at \$1,200,000) has been revised to \$39,000.

However, Town & Country — along with the economy in general — is not yet out of the woods, and regrettably we are again projecting a general revenue decline for 2011 over 2010. The dismal economy continues (a seemingly never ending story) taking few prisoners. Fortunately, we have prepared well for this very situation, with General Fund reserves in excess of \$13 million to ensure the full delivery of all essential City services. Nonetheless, with sales tax revenue as our largest funding source (See Exhibit 5 above), and maintaining 0% property tax rate, we must be ever vigilant to protect such revenues, as the same insure our financial stability during these turbulent times.

* * * * *

As with prior budget reports, this message has attempted to provide some insight into our efforts to secure Town & Country's future through responsible planning and prudent administration of all City functions and programs. Taking everything into consideration, I am pleased and proud to report that the City of Town & Country is on solid financial ground, and I am hopeful you have come to the same conclusion.

Best wishes to you and your family for a joyous holiday season and a wonderful new year!



Significantly, we fared much better financially in 2010 than projected in 2009 during budget preparation, again, due to careful planning, management of resources and meaningful cost controls. You may recall from my winter 2009 Mayor's Message that we had projected a \$1.4 million decline in General Fund revenues during 2010. Well, most of the numbers are in, and the actual decline in revenues is now estimated to be \$363,000. That's almost a \$1.1 million improvement. Further, the projected General Fund deficit

A handwritten signature in black ink that reads "Jon".

Jonathan F. Dalton
Mayor

Candidate Filing for the Tuesday, April 5, 2011 Municipal Election

An election for a two year term to the office of Alderman, Ward 1; Alderman, Ward 2; Alderman, Ward 3; and Alderman, Ward 4, will be held on Tuesday, April 5, 2011.



Town and Country residents wishing to file for alderman in his/her respective ward may do so beginning at 8:00 a.m. on Tuesday, December 14, 2010 through 5:00 p.m. on Tuesday, January 18, 2011.

Qualifications for alderman include being at least 21 years of age, a citizen of the United States, a resident of the City at the time of and at least for one year preceding the election and a resident of the ward from which he/she is elected.

For additional information, please contact the City Clerk, Pamela Burdt at 314-587-2806.

Mayors Speak at Town & Country/ Frontenac Chamber of Commerce Meeting



Picture courtesy of Patty Wiggins

Chamber Chairperson Laura Matlock, Frontenac Mayor Keith Krieg, Town & Country Mayor Jon Dalton, Chamber Executive Director Tammy Wildman Baldanza

The Mayors of Town & Country and Frontenac were invited to speak to an attentive audience of local business people and individuals at the October Town & Country/ Frontenac Chamber of Commerce monthly meeting. Town & Country Mayor Jon Dalton and Frontenac Mayor Keith Krieg presented timely information on development, trends and current economic times in each of their respective cities.

The Town & Country/ Frontenac Chamber of Commerce is dedicated to bringing business professionals the latest information and programs geared toward educating and building better businesses. Joining the Chamber of Commerce will ensure business representation and provide access to information only granted to members. Some of the Chamber member benefits include: Business After Hours, Community Business Expo, Committee exposure to business issues, ribbon cuttings, advertising & marketing opportunities as well as community services. Check out TCF Chamber for yourself! Join us for a luncheon program on the second Wednesday of each month for networking at 11:30am followed by the program at Noon. Visit our website, www.tcfchamber.com or call the Chamber office at 314.469.3335 for more information.



Parking Etiquette

Did you know it is illegal to park –

1. In front of a public or private driveway;
2. Within fifteen (15) feet of a fire hydrant;
3. Within twenty (20) feet of a crosswalk at an intersection;
4. Within thirty (30) feet upon the approach to any flashing signal, stop sign or traffic control signal located at the side of a roadway.

Source: Town and Country City Code 355.010
(accessible at www.town-and-country.org)

Art, Wine & Music

JANUARY 28, 2011

5:30 – 8:30 PM

At Longview Farm House, 13525 Clayton Road

Catering by Villa Farotto

Featuring art of local artists

Music provided by the Town & Country Symphony Orchestra

Proceeds will go to the beautification of Longview Farm House

Tickets are \$15 in advance, and \$20 at the door, and may be purchased at the Town & Country Municipal Center, 1011 Municipal Center Drive



For more information, please contact Mary Olsen at 314-587-2804, or olsenm@town-and-country.org.



LET IT SNOW, LET IT SNOW, LET IT SNOW...



The Public Works Department is ready for the first snow of winter! For this winter season, the City has contracted with MT Specialty Contracting and T. Hill Contracting to plow and salt the major roads and residential streets in Town and Country during snows this winter. Our Public Works staff will supervise the contracted operation very closely.

Snow removal is scheduled and prioritized to complete the major roads first and then the local residential streets. Steep hills and intersections are given high priority.

There are steps that residents can take in helping to insure that snow may be cleared from streets as thoroughly and as quickly as possible:

When bad weather is forecasted, please do not park your car on the street.

Trustees should see that horse barricades are removed from private streets during winter months, and gates placed in the open position when it starts snowing.

Stay clear of the snow removal equipment. Give trucks ample room by remaining at least 100 feet back when following them.

Please report extra slick areas on streets, or heavy snow that may have drifted in your area, to the Police Department at 314-432-1000.

Following are suggestions on what you can do to help yourself when the snow falls:

Keep a shovel, a bag of sand and a blanket in your car during the winter months.

Also, please allow more time to reach your destination while driving slower on icy roads.



Coming Soon – Clayton Road Trail Through City

On November 17, 2010, the City hosted a Town Hall Meeting to discuss the upcoming Clayton Road Improvements Project. Input was and continues to be sought from the community regarding the most effective long term use of Clayton Road. The proposed project includes resurfacing of the existing roadway pavement as well as the installation of a multi-use pedestrian facility. The intent of the project is to provide a safe and family friendly means of travel along this main artery of Town & Country and to promote the exploration of our many community assets. The numerous parks, schools and retail centers along Clayton Road will be accessible by foot, bike or rollerblade for all to enjoy.

Over the past three years, City staff has been successful in obtaining grants for the majority of the costs associated with the project through the Federal Highway Administration. Combined with resources derived from an arrangement with St. Louis County for their temporary use of Clayton Road during the “New I-64” project, the City will be responsible for less than 15% of the total cost of the project.

The first phase of the project is slated for construction in 2011. This phase begins with the installation of a new pavement surface from Highway 141 to east of Topping Road as well as the connection to the trail at Longview Farm Park and continuation of this trail traveling east. The second phase, for which we are currently developing plans and specifications, is scheduled for implementation in 2012 and will extend the resurfacing and multi-use trail further eastbound to the City Limits near Bopp Road.



With your input and assistance we will continue to work toward the successful implementation of this milestone project. **If you did not have a chance to attend the Town Hall Meeting and would like to review the proposed project or share your input on the future use or configuration of Clayton Road, please contact the Department of Public Works at 314-587-2824.**

New Businesses in Town & Country

Accounting Resources
600 Mason Ridge Center

Advanced Cardiac Group
3009 N. Ballas
Ste 260, 264, 266C

AJ Nails
1168 Town & Country
Crossing

The Bar Method
1048 Town & Country
Crossing

Bistro 1130
1130 Town & Country
Crossing

Cardiology Diagnostics
3009 N. New Ballas,
Ste 214-218

Cotton Babies
1200 Town & Country
Crossing

Diabetes Wellness
777 S. New Ballas, Ste 206W

Full of Bunnies
157 Lamp & Lantern Village

Go Wireless
1024B Town & Country
Crossing

Marshall Wireless
1074 Town & Country
Crossing

Martha's Hands
12813 Flushing Meadows Dr.,
Ste 250

**MBM Wealth
Consultants**
12977 N 40 Dr., Ste 211

**Pearson Professional
Insurance**
14304 S. Outer Forty

Sherpa/Dauphin LLC
530 Maryville Centre,
Ste 250

**Fariba Tahmasibi-
Moshiri, DMD**
777 S. New Ballas,
Ste 305W

**Veolia Environmental,
Inc.**
1715 Deer Tracks Trail,
Ste 240

**West County Regional
Rehab**
13190 S. Outer Forty

GARDENS NEEDED!

The Town & Country Garden Club's second Garden Tour was such a success - they're going to do it again next year! They are looking for residents who would like to share with the community the enjoyment and pleasure found in gardening. A variety of gardens is preferred for the tour, so please consider volunteering your garden. No garden is too large or too small!



SAVE THE DATE

2011 TOWN & COUNTRY GARDEN TOUR

Date: Saturday, July 9, 2011

If you want more information about volunteering your garden for the tour, contact Mary Olsen at 314-587-2804 or e-mail at olsenm@town-and-country.org

Watch for further details in the spring issue of the *Town & Country Times*.

WOMEN IN POLICING

Officer **Shannon Woolsey** is not only a nine-year veteran of the Town and Country Police Department but now she is published in one of the foremost police management magazines in the country. The "Feature" article in the October 2010 issue of *Law & Order* magazine chronicles the history of women in policing, their current status, as well as recommendations for the future. Shannon recently received her Master of Science in Criminal Justice from the University of Central Missouri.



To read the article go to www.lawandordermag.com or type "Woolsey women in policing" in a web search engine.

TOWN & COUNTRY *Symphony Orchestra*

David Lowell Peek, Music Director and Conductor

2010-11 Concert Season*

www.tcsomo.org

WHEN	WHERE	WHAT
Sunday, February 13, 2011 2:30 pm	Parkway United Church of Christ, 2841 N Ballas Rd 63131	Spring Concert Beethoven's <i>Symphony #8</i> , Mozart's <i>Don Giovanni Overture</i> , and Schumann's <i>Concertstuck</i> (4 horns)
Sunday, March 13, 2011 2:30 pm	Ladue High School, 1201 S Warson Rd 63124	" Ladue Limelight " Featuring Student Artists Lumin Chen, Nan Zhong, Karishma Bhatia, and Henry Bai, Mozart's <i>Don Giovanni Overture</i> , and Schumann's <i>Concertstuck</i>
Sunday May 15, 2011 2:30 pm	The Principia, Ridgway Auditorium 13201 Clayton Rd 63131	May Concert Beethoven's <i>Triple Concerto</i> , Rimsky-Korsakov's <i>Capriccio Espagnol</i> , and Schubert's <i>Ballet Music from Rosamunda</i>

*Schedule and soloists subject to modification.

Please visit www.tcsomo.org, send an email to tcsomo@tcsomo.org
or call 314-878-8783 for confirmation.



Alderman Steve Fons chats with Mayor Dalton and Suzanne Dalton



St. Louis Classical Guitar Society Trio



Anne Bond, Suzanne Slivka, Margy McKelvie

TOWN & COUNTRY GARDEN CLUB ANNUAL DINNER



*Seated: Dr. Andy Kwak, Renee Kwak, Nancy Reis, Mary Jo Ely
Standing: Pat Bay*

The Town & Country Garden Club held its annual dinner on July 1, 2010 at the beautiful Longview Farm House. The evening included music provided by the St. Louis Classical Guitar Society and an interesting program presented by Master Gardener Jack Lane entitled "Forest Park From The Beginning."

The Town & Country Garden Club welcomes new members. Their next meeting is January 12, 2011.

For more information contact President Ann Barron at (314) 229-8686.



Ann Roberts, Jan Miller, Joan Williams, Trent Phelps



Tom Phelps, Stan Miller, Arthur Bay



Sophia Tarlas, Ken Yavitz, Jan Boehm



*Ann Barron,
Mayor Jonathan Dalton*



Seated: Diane Hertlein, Marianne Ambler, Bob Ambler



Steve Thompson, Elmer Boehm

WINTER DRIVING TIPS

...from our friends at AAA:

- **RULE #1: Stay home.** If you really don't have to go out, don't. Even if you can drive well in the snow, not everyone else can. If you don't have somewhere you have to be, watch the snow from indoors.
- Avoid driving while you're fatigued. Getting the proper amount of rest before taking on winter weather tasks reduces driving risks.
- Never warm up a vehicle in an enclosed area, such as a garage.
- Make certain your tires are properly inflated.
- Never mix radial tires with other tire types.
- Keep your gas tank at least half full to avoid gas line freeze-up.
- If possible, avoid using your parking brake in cold, rainy and snowy weather.
- Do not use cruise control when driving on any slippery surface (wet, ice, sand).
- Always look and steer where you want to go.
- Use your seat belt every time you get into your vehicle.

Tips for long-distance winter trips:

- Watch weather reports prior to a long-distance drive or before driving in isolated areas. Delay trips when especially bad weather is expected. If you must leave, let others know your route, destination and estimated time of arrival.
- Always make sure your vehicle is in peak operating condition by having it inspected by a AAA Approved Auto Repair facility.
- Keep at least half a tank of gasoline in your vehicle at all times.
- Pack a cellular telephone, plus blankets, gloves, hats, food, water and any needed medication in your vehicle.
- If you become snow-bound, stay with your vehicle. It provides temporary shelter and makes it easier for rescuers to locate you. Don't try to walk in a severe storm. It's easy to lose sight of your vehicle in blowing snow and become lost.
- Don't over exert yourself if you try to push or dig your vehicle out of the snow.
- Tie a brightly colored cloth to the antenna or place a cloth at the top of a rolled up window to signal distress. At night, keep the dome light on if possible. It only uses a small amount of electricity and will make it easier for rescuers to find you.
- Make sure the exhaust pipe isn't clogged with snow, ice or mud. A blocked exhaust could cause deadly carbon monoxide gas to leak into the passenger compartment with the engine running.
- Use whatever is available to insulate your body from the cold. This could include floor mats, newspapers or paper maps.



Officer Woolsey arrives at an accident at 141 and I-64.

- If possible run the engine and heater just long enough to remove the chill and to conserve gasoline.

Tips for driving in the snow:

- Accelerate and decelerate slowly. Applying the gas slowly to accelerate is the best method for regaining traction and avoiding skids. Don't try to get moving in a hurry. And take time to slow down for a stoplight. Remember: It takes longer to slow down on icy roads.
- Drive slowly. Everything takes longer on snow-covered roads. Accelerating, stopping, turning - nothing happens as quickly as on dry pavement. Give yourself time to maneuver by driving slowly.
- The normal dry pavement following distance of three to four seconds should be increased to eight to ten seconds. This increased margin of safety will provide the longer distance needed if you have to stop.
- Know your brakes. Whether you have antilock brakes or not, the best way to stop is threshold breaking. Keep the heel of your foot on the floor and use the ball of your foot to apply firm, steady pressure on the brake pedal.
- Don't stop if you can avoid it. There's a big difference in the amount of inertia it takes to start moving from a full stop versus how much it takes to get moving while still rolling. If you can slow down enough to keep rolling until a traffic light changes, do it.
- Don't power up hills. Applying extra gas on snow-covered roads just starts your wheels spinning. Try to get a little inertia going before you reach the hill and let that inertia carry you to the top. As you reach the crest of the hill, reduce your speed and proceed down hill as slowly as possible.
- Don't stop going up a hill. There's nothing worse than trying to get moving up a hill on an icy road. Get some inertia going on a flat roadway before you take on the hill.

Missouri Baptist Medical Center Community Outreach

All programs are free-of-charge and reservations are required.
Please call 314-996-5433 for reservations and specific locations.

FREE Health Screenings

Cholesterol & Glucose Screenings at Your Neighborhood Dierbergs

Cardiologists recommend that you monitor your cholesterol and glucose on a regular basis. To make it easy, Missouri Baptist will provide FREE screenings in the pharmacy department at your neighborhood Dierbergs Markets. This screening is FREE and measures your glucose, total cholesterol and HDL. No fasting is required – advance appointments are recommended.

- Manchester Dierbergs – Tuesday, Jan. 11, 10 a.m.-1:30 p.m.
- Telegraph Dierbergs – Wednesday, Jan. 19, 10 a.m.-1:30 p.m.
- Fenton Dierbergs – Tuesday, Feb. 15, 10 a.m.-1:30 p.m.
- Brentwood Pointe Dierbergs – Wednesday, Feb. 16, 1:30-5 p.m.
- 94 Crossing Dierbergs – Wednesday, March 16, 10 a.m.-1:30 p.m.
- West Oaks Dierbergs – Wednesday, March 23, 1:30-5 p.m.

Bone Density Screening

Osteoporosis affects approximately 10 million people in the U.S. – eight million women and two million men. More importantly, nearly 34 million people have low bone mass, which can lead to osteoporosis. This FREE bone density screening can help determine your risk for osteoporosis. This screening is only available to post-menopausal women, who are not currently being treated for the disease. Appointments are recommended.

Tuesday, March 22, 4-7 p.m., Missouri Baptist Outpatient – Sunset Hills, 3844 South Lindbergh Blvd. (South of I-44 and Watson Road)

Physician Presentations

No More Denial! Take Time out for Bladder Health

Travis Bullock, MD, urologist
Elizabeth Williams, MD, urologist

Millions of women experience bladder control issues that impact day-to-day living. Attend this program, which includes a brief, one-on-one physician consultation, complimentary chair massage and refreshments and reclaim the important moments in your life.

Thursday, Feb. 10, 3:30-5:30 p.m. or 6-8 p.m., Longview Farm House. Co-sponsored by Medtronic.

Other Programs

Nutrition Check Up: Eating for Your Good Health – Head to Toe!

Sherri Hoyt, RD, registered dietitian

You are what you eat! And, what you eat can impact health from your head to your toes. Join us and learn what foods to dish up to boost brain power, promote healthy vision, optimal heart health, even better digestion and immunity! Enjoy a sampling of recipes. Participants also will have an opportunity to participate in a body composition analysis, including body fat and muscle percentages.

Wednesday, March 2, 6:30-8:30 p.m., Longview Farm House

The Challenges of Celiac Disease

Janet Todorczuk, MD, gastroenterologist
Sherri Hoyt, RD, registered dietitian

At least 3 million people in the United States are living with celiac disease – 97% of them are undiagnosed. This disease, which affects the digestive process of the small intestine, can occur at any age, from infancy to late 80s and the symptoms can be different for different people. Join us for a discussion on the diagnosis and treatment, as well as gluten-free nutritional tips. Sharon Ward, RN, will tell her Celiac story.

Thursday, March 10, 6:30-8:30 p.m., Hilton St. Louis Frontenac, 1335 South Lindbergh Boulevard

Financial Boot Camp: Fitness for Your Finances

Travis Freeman, AWMA, Four Seasons Wealth Management

Today's economy, in addition to changing government regulations, poses many challenging questions and decisions for most Americans. The Financial Boot Camp will refresh your knowledge and show you ways to reinforce your financial needs. FREE, but space is limited. Call 314-996-LIFE (5433) to register.

Tuesday, March 15, 10-11:30 a.m., Longview Farm

Lunch and Learn

Smart Habits for Longevity

Lilibeth Cayabyab-Loe, MD, gerontologist

Thanks to advances in public health and disease prevention, our life expectancies have increased over the decades. More and more individuals are living healthy productive lives well into their 80s. Join us and learn how you can stay physically, mentally and emotionally healthy, as well as maintain independence as you age.

Tuesday, March 8, 11:30-1 p.m., Longview Farm House

Special Events

Heart of the Family Event – Saturday, Feb. 5, 9 a.m.-1 p.m.

It's time to celebrate American Heart Month. Mark your calendars and bring your family to this year's Heart of the Family Event, only at Missouri Baptist. Learn all about your heart health and how prevention is key. Be our guest as physicians share information on women and heart disease and what happens when you have a heart attack. Take a guided tour of our state-of-the-art heart center. Learn how eating healthy and staying active is the best medicine of all. Register early and be sure to bring the kids. Join us and learn how you can make 2011 the year for your family's heart health.

The Fair Also Will Feature:

- **Free Health Screenings:** Glucose, Cholesterol (total cholesterol and HDL – no fasting required) and blood pressure
- **Body Composition Analysis:** (NEW this year) quick analysis of your body composition including percent body fat, muscle mass and muscle development.
- **Taste-A-Rama:** Delicious, heart-healthy food samples for both kids and adults. Sponsored by Dierbergs Markets, Morrisons and Missouri Baptist.
- **Interactive Kids Activities:** Including - design your own green grocery bag.

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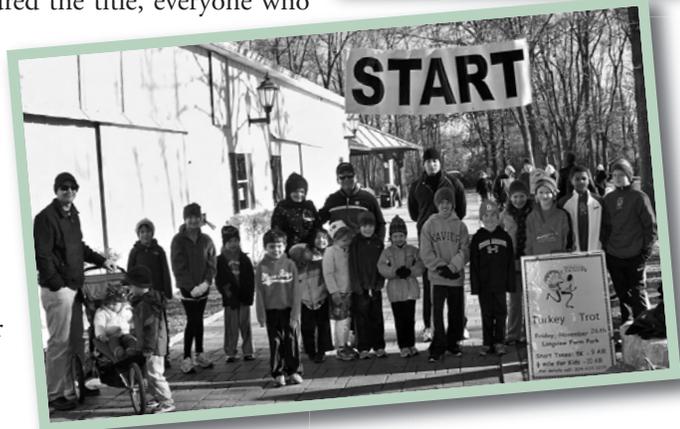
Parks and Recreation

Turkey Trot

After a dusting of snow on Thanksgiving Day, you might think the Town & Country faithful would be tempted to break their tradition of participating in the Town & Country Turkey Trot. *Au contraire mon fraire!* Longview Farm Park buzzed with excitement as runners warmed up for the 5K fun run/walk. All ages - and many states - were well represented. Four-legged friends also had a strong showing. First place was taken by **Jeremy Warner** (pictured at top right with Mayor Dalton), followed by **Patrick White** and **John Lewis**. The winners won personal training packages from event sponsor, Wellbridge Athletic Club and Spa.

Approximately 30 children competed for the title of "winner" in the ½ mile kids' run. While return competitor, **Darion Ellison** (pictured at top left with Mayor Dalton), captured the title, everyone who finished the race left a winner. New to the Turkey Trot this year was an added component - the Tour de Turkey bicycle fun ride. Although the slick pavement and cold weather kept the cyclists low in number, the course was an exciting 11-mile loop ride through Town & Country.

A special thank you also goes to Missouri Baptist Medical Center for donating water bottles for all participants.



Congratulations to Tammy Yazdi on running her first 5K!

www.town-and-country.org



Parks and Recreation

Longview Farm House

A picturesque setting for a memorable wedding!

This summer, the Longview Farm House was host to some lovely outdoors weddings. With the backdrop of Longview Farm Park, and the award winning gardens, Longview Farm House is the perfect spot to celebrate an unforgettable day.

Longview can host outdoor or indoor ceremonies for up to 100 guests. You always have the varied indoor spaces included in your rental cost if the weather doesn't cooperate for your special day. Longview is also a great spot for a ceremony and reception combo or a unique rehearsal dinner with delicious menu options offered by exclusive caterer Villa Farotto.

With complete outdoor wedding ceremony packages starting at \$650, Longview is a reasonable ceremony venue that doesn't sacrifice beauty and elegance. Complete package include 2 hour room rental, event staffing, 50 white chairs, trellis and valet parking for 50 guests. Call Longview's facility steward, Lindsey Hodge, at 314 434-1215, to discuss how to make your wedding dreams come true.



PRESERVATION/ CADET PARK ATHLETIC FIELD LOTTERY



**Wednesday, January 26, 2011
4:00 PM**

**At the Longview Farm House
13525 Clayton Road**

It's field lottery time! Save the date! Permit applications are available on the City's web site www.town-and-country.org. Click on "Forms and Applications" on the left, then "Parks and Recreation."

**Call Anne Nixon, Director of Parks and Recreation
for more information at 314-434-2128.**

COFFEE AND WI-FI AT LONGVIEW FARM HOUSE



Come inside

M-W, 8AM - 4:30PM & Th-F 8-10 AM

For free high speed internet!

Enjoy a cup of

"honor system" coffee

M-F, 8:30-10 AM.

P

Parks and Recreation

Fall Festival

Guests at the Fall Festival were a distinguished crowd! We had Dorothy from the Wizard of Oz, Spiderman, Power Rangers, princesses, knights, Thomas the Tank Engine, cowboys, cheerleaders, ninjas, fairies, Mickey and Minnie Mouse, as well as Raggedy Ann and Andy! The animal kingdom was also well represented with bumble bees, lions, tigers, a giraffe, a lady bug, bunnies, and a bear!

Everyone enjoyed the owls, lizard and turtle provided by the World Bird Sanctuary, as well as the stories brought to life by Marcia Ollinger. Nitro Joe wowed the crowd with his magnificent science experiments including floating shampoo balls and his make-your-own-slime secrets. To top it all off Babaloo brought down the house with a room-full of drumming children dancing in bubbles!!!

This event would not be possible without our wonderful team of volunteers and sponsors. Special thanks go out to Equine Assisted Therapy for providing the horse rides, Eugene's Custard for donating delicious custard, and West County Fire and EMS for bringing a rescue vehicle for the children to explore.



All pictures generously donated by David Bentley, Bentley Studio, Ltd.

www.town-and-country.org

IMPRESSIONS OF TOWN & COUNTRY

Impressions of Town & Country *Plein Air* Art Competition, a memorable masterpiece!



Artist George Dirkers paints Longview Farm House

The City's Public Art Commission hosted its first annual *Plein Air* art competition on Saturday, October 23rd. Forty-one artists from all over the metro area and beyond enthusiastically came out to spend the day painting Town & Country's inspiring landscapes.

On Saturday morning, despite the threat of rain, artists came to Longview to register and have their blank canvas stamped. Artists then had seven hours to create a piece of art "*En Plein Air*", or French for outdoors, within the boundaries of Town & Country. City park visitors enjoyed watching artists set up with their easels, diligently painting in Longview and Drace Parks.

At 4:00PM all artists returned to the Longview Farm House with their creation of oil, watercolor, or pastels and their easel for the evening display. After set up, artists relaxed in a separate part of Longview Farm House, while prestigious judges; Joanne Stremsterfer, Gina Alvarez, and Billyo O'Donnell, carefully chose the top three paintings. A reception and award ceremony followed for artists, their families, friends and the public.

Third place was awarded to artist **David Coughtry** who produced a lovely

oil painting titled "Autumn Oaks" painted on the grounds of The Principia. Second place was **Benjamin Guffee**, who captured the large open field just north of Clayton Rd. with luminous beauty in each brush stroke. Best in show was awarded to talented artist **Julie Wiegand**. Julie painted a landscape in Longview Farm Park. Julie won the Best in show cash prize, and sold her painting almost instantly. There were also exciting prizes for three artists recognized for honorable mention and the winning high school artists.

Some artwork was sold on the evening of the event and other pieces remained on display in Longview the week following the event. In addition Longview extended its gallery for several weeks after the event. *Impressions of Town & Country* was a huge success due to the hard work of the Public Art Commission and the generous donations received from local residents and businesses.



Public Art Commission Members Susie Getzchman and Nan Kulkarni enjoy the fine art with Mayor Dalton and Dr. Satish Kulkarni



Fine Art on display at the reception



Artist Julie Wiegand displays her Best in Show painting

TALENTS AND TREASURES *Holiday Boutique*



Shoppers were delighted with the wonderful treasures offered by this year's vendors at the second Holiday Boutique, held on November 13.

There was something for everyone, and a good time was had by all who attended.



*Community Relations
Commission member
Suzy Gunter with
Holiday Boutique
Chairmen Lori Griffin
and Donna Block.*

“GREEN” TIPS FOR THE HOLIDAYS

Did you know that each year between Thanksgiving and New Year’s one million tons of extra household trash is generated every week? Now that St. Louis County has single-stream recycling, it is even easier to be green during the holidays, since the majority of waste in your house can go into the recycling cart. Here are some quick recycling ideas for this holiday season.

Christmas Trees:

- ❁ Consider buying a potted Norfolk pine, fig tree, or indoor houseplant that can be used every holiday season as your evergreen tree
- ❁ Consider buying an artificial tree that can be reused every year
- ❁ Real Christmas trees are considered yard waste
- ❁ If you don’t have yard waste as part of your trash service, trees can be taken to a compost facility - a list of facilities is provided in the Holiday Recycling Guide at www.RecycleSaintLouis.com
- ❁ For more environmentally-friendly ideas such as reusing live trees, visit the website of the Missouri Department of Conservation at www.mdc.mo.gov



Wrapping and Packaging:

- 📦 Plan for recycling! All non-foil wrapping paper and gift boxes can be recycled in your curbside bin or at recycling drop-off locations
- 📦 Save large pieces of wrapping paper, bows, ribbons, and tissues for reuse or craft projects
- 📦 Think beyond rolls of gift-wrapping and bags of bows. Be creative while reducing waste! Use scarves, handkerchiefs, or bandanas as wrappers, and wrap two gifts together!
- 📦 Use original wrapping such as old maps, kids colored pages, newsprint, comics, or a decorated brown paper shopping bag



Fireplace tips:

Traditional brick fireplaces create an atmosphere of warmth but don’t effectively heat your home, though radiant heat is felt directly in front of fireplace. Why? Consider the physics of fire. It needs oxygen to burn. As the fire builds in strength, it draws in more oxygen. That oxygen is coming from air in your home. If your home’s heating system is on (or has been on and the home is warm), your fire will draw that heat literally right up the chimney. With heat escaping and the home cooling, your thermostat will trigger your heater to come on. It will continue trying to keep up with the heat escaping up your chimney and eventually you’ll see it reflected in your next utility bill. So if you are going to have a fireplace fire this season, try this to keep costs and pollution to a minimum.

- 📦 Turn your heating system down, (or off), while the fire is burning.
- 📦 Shut interior doors of the room where the fireplace is located – this will limit warm air being drawn from the rest of the home.
- 📦 Open the closest window to the fireplace a crack and that will supply plenty of oxygen for your fire.
- 📦 Use manufactured logs made from mill by-products; they have the advantage of burning cleaner and polluting less.
- 📦 When your fire is completely out, remember to close your fireplace flu, or warm air from your house will continue escaping up the chimney.
- 📦 If you never use your fireplace (or only occasionally use it), consider purchasing a chimney plug to limit conditioned air from escaping around flues that don’t seal well.



MUNICIPAL CENTER VISITOR

Mary Kate Holmes, a 3rd grader at Visitation Academy, and daughter of Dan & Suzy Holmes, stopped by the Municipal Center to gather some information for a school project – *Our Community Report*. City Clerk Pam Burdt was happy to assist her with information on Town & Country.



Brother Chip and sister Libby let Mary Kate Holmes do all the talking with City Clerk Pam Burdt.

NEIGHBORHOOD PARTNERSHIP INCREASES PARKING SAFETY AT MUNICIPAL CENTER

Through a joint effort involving Churchill School, J.H. Berra Construction and the City of Town & Country, a new sidewalk has been installed connecting the parking lot at the Municipal Center to Churchill School. This provides for the shared use of each facility's lots for overflow parking during events and meetings. J.H. Berra Construction generously installed the sidewalk pavement as a part of a shared use agreement between the three parties while the lighting has been provided by the City. This improvement will decrease the need for individuals to park on Municipal Center Drive during large events, enhancing the safety of all those engaging in business with the City.



YOUNG TOWN & COUNTRY DANCERS JOIN THE JOFFREY BALLET IN NUTCRACKER AT THE FOX

Six young dancers from Town & Country joined the world-acclaimed Joffrey Ballet in *Nutcracker* on the stage of the historic Fox Theatre in the Joffrey's exquisite, nostalgic production of Tchaikovsky's holiday classic.

The dancers are Victoria Enderle, sisters Savannah Olivia and Skyler Morgan Leslie, Danielle Serota, and sisters Kaitlyn and Lauren Wallace.

Kaitlyn plays the role of a guest at the party where the ballet's heroine receives the toy Nutcracker who magically comes to life and leads her on an enchanted adventure. Lauren plays the Punch doll. Savannah is a cavalry mouse, and Danielle plays both a mouse and a "polichinelle," a little clown who hides under the skirts of a giant puppet named Mother Ginger. Skyler and Victoria are Christmas tree angels.



Photo by Tony Schanuel

Back row, standing: Kaitlyn Wallace, Savannah Olivia Leslie, Lauren Wallace. Front row, seated: Skyler Morgan Leslie, Victoria Enderle. Not pictured: Danielle Eve Serota.

"HEROES FOR HEROES" LAW ENFORCEMENT & COMMUNITY PARTNERS RECOGNITION EVENT



Each year, the Gateway Affiliate of Mothers Against Drunk Driving (MADD) holds a banquet to recognize those courageous men and women of law enforcement who sacrifice their lives daily to make our roadways safe. These officers who are honored go above and beyond the call of duty to stop the crime of drunk driving, and by doing so, they spare more families the pain of losing someone they love. The 2010 "Heroes" of Town and Country who were recognized at the November 11th event were:

*Officer Scott Schlager
Sergeant John Flanagan
Officer Kent Berry
Corporal Chris Moore
Clerk Ashley McNamara*

*Corporal Mike DeFoe
Corporal Jeff Wolfe
Officer Jordan Fowle
Officer Ronnie Nicoletti
Officer Paul Wilson*

MEETINGS & EVENTS

**All meetings subject to change*

DECEMBER 2010

DATE	DAY	TIME	MEETING (LOCATION)
Dec 16	Thu	7:00PM	Court (Municipal Center)
Dec 24	Fri		HOLIDAY – CITY OFFICES CLOSED
Dec 27	Mon	6:00PM	Board of Aldermen Work Session (Municipal Center)
Dec 27	Mon	7:00PM	Board of Aldermen Regular Meeting (Municipal Center)

JANUARY 2011

DATE	DAY	TIME	MEETING (LOCATION)
Jan 3	Mon		HOLIDAY – CITY OFFICES CLOSED
Jan 4	Tue	6:30PM	Conservation Commission (Longview Farm)
Jan 6	Thu	7:00PM	Court (Municipal Center)
Jan 10	Mon	4:30PM	Architectural Review Board (Municipal Center)
Jan 10	Mon	6:00PM	Board of Aldermen Work Session (Municipal Center)
Jan 10	Mon	7:00PM	Board of Aldermen Regular Meeting (Municipal Center)
Jan 13	Thu	7:00PM	Community Relations Commission (Longview Farm)
Jan 17	Mon	6:00PM	Board of Adjustment (Municipal Center)
Jan 17	Mon	7:00PM	Public Works & Stormwater Commission (Longview Farm)
Jan 18	Tue	6:00PM	Green Team (Municipal Center)
Jan 18	Tue	7:00PM	Police Commission (Municipal Center)
Jan 18	Tue	5:00PM	CANDIDATE FILING CLOSES
Jan 20	Thu	7:00PM	Court (Municipal Center)
Jan 24	Mon	6:00PM	Board of Aldermen Work Session (Municipal Center)
Jan 24	Mon	7:00PM	Board of Aldermen Regular Meeting (Municipal Center)
Jan 26	Wed	4:00PM	PRESERVATION/CADET FIELD LOTTERY (Longview Farm House)
Jan 26	Wed	7:00PM	Planning & Zoning Commission-Staff Review (Municipal Center)
Jan 26	Wed	7:30PM	Planning & Zoning Commission Regular Meeting (Municipal Center)
Jan 28	Fri	5:30PM	ART, WINE & MUSIC EVENT (Longview Farm)

FEBRUARY 2011

DATE	DAY	TIME	MEETING (LOCATION)
Feb 1	Tue	6:30PM	Conservation Commission (Longview Farm)
Feb 3	Thu	7:00PM	Court (Municipal Center)
Feb 10	Thu	7:00PM	Community Relations Commission (Longview Farm)
Feb 14	Mon	4:30PM	Architectural Review Board (Municipal Center)
Feb 14	Mon	6:00PM	Board of Aldermen Work Session (Municipal Center)

Feb 14	Mon	7:00PM	Board of Aldermen Regular Meeting (Municipal Center)
Feb 17	Thu	7:00PM	Court (Municipal Center)
Feb 21	Mon		HOLIDAY – CITY OFFICES CLOSED
Feb 23	Wed	7:00PM	Planning & Zoning Commission-Staff Review (Municipal Center)
Feb 23	Wed	7:30PM	Planning & Zoning Commission Regular Meeting (Municipal Center)
Feb 28	Mon	6:00PM	Board of Aldermen Work Session (Municipal Center)
Feb 28	Mon	7:00PM	Board of Aldermen Regular Meeting (Municipal Center)

MARCH 2011

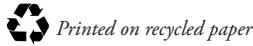
DATE	DAY	TIME	MEETING (LOCATION)
Mar 1	Tue	6:30PM	Conservation Commission (Longview Farm)
Mar 3	Thu	7:00PM	Court (Municipal Center)
Mar 10	Thu	7:00PM	Community Relations Commission (Longview Farm)
Mar 14	Mon	4:30PM	Architectural Review Board (Municipal Center)
Mar 14	Mon	6:00PM	Board of Aldermen Work Session (Municipal Center)
Mar 14	Mon	7:00PM	Board of Aldermen Regular Meeting (Municipal Center)
Mar 15	Tue	6:00PM	Green Team Commission (Municipal Center)
Mar 15	Tue	7:00PM	Police Commission (Municipal Center)
Mar 17	Thu	7:00PM	Court (Municipal Center)
Mar 21	Mon	6:00PM	Board of Adjustment (Municipal Center)
Mar 21	Mon	6:30PM	Parks & Trails Commission (Longview Farm)
Mar 21	Mon	7:00PM	Public Works & Stormwater Commission (Longview Farm)
Mar 23	Wed	7:00PM	Planning & Zoning Commission-Staff Review (Municipal Center)
Mar 23	Wed	7:30PM	Planning & Zoning Regular Meeting (Municipal Center)
Mar 28	Mon	6:00PM	Board of Aldermen Work Session (Municipal Center)
Mar 28	Mon	7:00PM	Board of Aldermen Regular Meeting (Municipal Center)

COMMUNITY EVENTS

DATE	DAY	TIME	MEETING (LOCATION)
Jan 12	Wed	12:00PM	Town & Country/Frontenac Chamber of Commerce Lunch Meeting
Feb 9	Wed	12:00PM	Town & Country/Frontenac Chamber of Commerce Lunch Meeting
Mar 9	Wed	12:00PM	Town & Country/Frontenac Chamber of Commerce Lunch Meeting



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 Town & Country, MO 63131-1101
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www.town-and-country.org



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DEER MANAGEMENT IN 2010 AND BEYOND

by Captain Gary Hoelzer

One of the most challenging issues facing our community relates to deer management. Most agree that deer are an important part of the pastoral setting of Town and Country. However, with the overabundance of deer comes an increase in nuisance complaints as well as an escalation in the risk to public safety caused by deer / vehicle collisions.

Despite the initial progress made in 2009, the final report from the Deer Herd Management Implementation Task Force also acknowledged that the City continues to have a problem with deer over-population. Through the first ten months of this year the police department documented 59 deer / vehicle collisions compared to 64 during the same period in 2009...a modest improvement yet a number that indicates that more work needs to be done.

The 2010 deer management plan developed was achieved through a unique blend of public and private resources. After much public input,

tireless effort by your elected representatives, and pledged financial support from residents, the Board of Aldermen passed an ordinance that once again supported both lethal and non-lethal measures that will be implemented in December. Between 25 and 35 deer will be sterilized and up to 100 deer will be culled. The harvested deer will be donated to local food banks through the Missouri Department of Conservation's Share the Harvest program. Since its inception statewide, Share the Harvest has provided venison to needy families who may otherwise lack a dependable source of protein.

Going forward

In early 2011, City staff will begin the process of developing a long term management program that will be considered by the Board of Aldermen. The long term recommendation will be based on the guiding principles contained in the 2010 final report of the Deer Task Force. In part, the report stated that:

- No resident's property should be adversely impacted by deer
- A combination of lethal and non-lethal means should be used to achieve and maintain a reasonable and safe deer herd population
- Engage in collaborative deer management efforts with surrounding municipalities, including St. Louis County
- It is appropriate for the City to expend public funds to manage its deer population

The first guiding principle listed in the Task Force report is that 'deer should continue to be part of the fauna in Town and Country.' With the devoted effort of so many people over the years on the deer issue, we will continue to move forward to ensure that the deer are enjoyed by many for generations to come while maintaining the interests of property owners and public safety.

MAYOR JON DALTON

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